a few minutes out of this day to give one of our wellness programs a try! This is a great opportunity for Kaiser Permanente, and Cigna are coming together to present a virtual wellness day! Take advantage of the opportunity to manage your health and wellness. These tools include physical and mental health resources, as well as self-care techniques to help you manage stress, lower your risk of illness, and increase your energy. Studies show that regular physical activity and mental health strategies can have immediate and long-term benefits for your overall health. The Well Aware Toolbox offers a variety of resources and tools to help you stay healthy and well.

This program is appropriate for new runners or runners who are returning after a hiatus. The program includes strength workouts and form drills. For those who are interested, participants also have the opportunity to participate in training support and running clinics. You can expect to stay up to date on class links and updates.

Spring Forward—Spring Forward to the connections between physical activity, overall health, and well-being. It is time to share your stories and your spirit! Or, perhaps you need some support to get started. We can help you make healthy changes and stay accountable. We have a great team leader who reminded us to log our activity and stay on track. Katie said, "We stayed accountable and reached goals while supporting each other, taking nearly 50 percent fewer sick days than those who exercised once per week or less."

During National Cancer Control Month this April, we remember those we have lost, support those we continue to fight alongside, and stand in solidarity with our loved ones who are fighting or have fought cancer. As Americans fighting this disease, and recommit ourselves to effective cancer control. This year, an estimated half a million Americans will lose their lives to cancer, and three million will be diagnosed. Cancer patients are parents, children, siblings, and friends. Their stories are important, and we must continue to support and remember them.

The Wellness Initiatives program provides employees covered by an MCPS medical insurance plan with incentives to reduce their health insurance costs. Be sure to complete a health risk assessment on your medical plan Wednesday, April 19, 2023. Complete a biometric health screening by October 6, 2023. Learn more about screening for many types of cancer on our website.

We also have a virtual Wellness Day Challenge. Participate in our National Walking Day on April 5th by taking a two-minute walk and add to it. The challenging goal is to walk 30 minutes each day for the month of April. Physical Activity Classes are provided by our dietician and professional chef, Mary Cohen, and Hallie Red Foxes, our wellness department's dietician and professional chef. Visit the Wellness Webinar on designing your work day with breaks and physical activity, mostly aerobic. The Wellness Initiatives program is appropriate for our National Walking Day, and our dietician also provided tips and inspiration for family workouts once a month to invite families to work out with us.

The American Heart Association's National Hero of the Month Challenge is a great way to stay active and healthy. The American Diabetes Association's top 10k challenge is also available. Be sure to apply for the individual Total Rec Pass. The application deadline is May 15, 2023.

Healthy Recipes in 15 minutes or less is a way to stay healthy and well. Katie said, "We stayed accountable and reached goals while supporting each other, taking nearly 50 percent fewer sick days than those who exercised once per week or less."

The Live Well Challenge is a great way to stay accountable and reach your goals. The challenge is to stay active and healthy. The challenge is to stay active and healthy.

The browser oil is the spring. The spring will bring new life to our world. It is a time to get outside and enjoy the outdoors. Fresh air and exercise can help you to manage stress. In addition, being in the outdoors with nature can improve mental wellbeing. Spring is a wonderful time to get outside and enjoy the outdoors.

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